



# 2019 ANNUAL WELLNESS ASSESSMENT

## SCREENING SCHEDULE

Appointments are required for onsite screenings. Schedule your appointment at [www.raleighwellnessforlife.com](http://www.raleighwellnessforlife.com) by clicking “schedule now” next to the stethoscope icon on your team dashboard.

WEEK 1			
DATE	TIME	ATTENDEES	LOCATION
Monday, July 8	7:00am - 10:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 204, 205, 206
Tuesday, July 9	7:00am - 10:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 204, 205, 206
Tuesday, July 9	6:00pm - 8:30pm	All Employees / Retirees / Spouses	Barwell Road Community Center / 5857 Barwell Park Dr. / Multipurpose Room
Wednesday, July 10	7:00am - 10:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 204, 205, 206
Thursday, July 11	7:00am - 10:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 204, 205, 206
Friday, July 12	7:00am - 10:00am	All Employees / Retirees	Transportation Field Services (NERO) / 3228 Spottswood St / Crew Rooms
Friday, July 12	6:00pm - 8:30pm	All Employees / Retirees / Spouses	Marsh Creek Community Center / 3016 N New Hope Rd. / Multipurpose Room



## WEEK 2

DATE	TIME	ATTENDEES	LOCATION
Monday, July 15	6:30am - 11:00am	RPD / RFD / Retirees	RPD Training Academy / 4205 Spring Forest Road / Multipurpose Room
Tuesday, July 16	5:30am - 8:00am	All CCC Employees / IT / Transportation / Engineering Services / RPD / RFD	Central Communications Center / 2320 Westinghouse Blvd. / Room 126
Tuesday, July 16	4:00pm - 7:00pm	All CCC Employees / IT / Transportation / Engineering Services / RPD / RFD / Retirees / Spouses	Central Communications Center / 2320 Westinghouse Blvd. / Room 126
Wednesday, July 17	7:00am - 10:00am	All Public Utilities / RPD / RFD / Retirees	E.M. Johnson Water Treatment Plant / 10301 Falls of Neuse Road / Training Facility
Thursday, July 18	7:00am - 10:00am	All Employees / Retirees / Spouses	Pullen Park Community Center / 408 Ashe Ave, Raleigh, NC 27606 / Multipurpose Room
Thursday, July 18	6:00pm - 8:30pm	All Employees / Retirees / Spouses	Anne Gordon Center for Active Adults / 1901 Spring Forest Rd / Multipurpose Room
Friday, July 19	7:00am - 10:00am	All Employees / Retirees	Transportation Field Services (Central Ops) / 2550 Operations Way / Training Room

## WEEK 3

DATE	TIME	ATTENDEES	LOCATION
Monday, July 22	6:00am - 10:00am	All Public Utilities / RPD / RFD / Retirees	Lake Woodard Operations Center / 3324 Lake Woodard Dr. / Conference Rooms 111 & 112
Tuesday, July 23	6:00am - 10:00am	All Public Utilities / RPD / RFD / Retirees	Lake Woodard Operations Center / 3324 Lake Woodard Dr. / Conference Rooms 111 & 112
Wednesday, July 24	6:30am - 11:00am	SWS / Retirees	Solid Waste Services / 630 Lake Beacon Dr. / Conference Rooms 1, 2, 3, 4
Wednesday, July 24	6:00pm - 8:30pm	All Employees / Retirees / Spouses	Five Points Center for Active Adults / 2000 Noble Rd. / Multipurpose Room
Thursday, July 25	6:30am - 11:00am	All Employees / Retirees / Spouses	Marsh Creek Community Center / 3016 N New Hope Rd. / Gymnasium
Friday, July 26	7:00am - 10:00am	All Employees / Retirees	Neuse River Resource Recovery Facility (NRWWTP) / 8500 Battle Bridge Rd. / Training Rooms B, C, D



## WEEK 4

DATE	TIME	ATTENDEES	LOCATION
Monday, July 29	7:00am - 10:00am	All Employees / Retirees / Spouses	GoRaleigh / 4104 Poole Road / Multipurpose Room
Tuesday, July 30	7:00am - 11:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 201, 202, 203, 204
Tuesday, July 30	6:00pm - 8:30pm	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 201, 202, 203, 204
Wednesday, July 31	7:00am - 11:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 201, 202, 203, 204
Wednesday, July 31	4:00pm - 7:00pm	All CCC Employees / IT / Transportation / Engineering Services / RPD / RFD / Retirees / Spouses	Central Communications Center / 2320 Westinghouse Blvd. / Room 126
Thursday, August 1	7:00am - 11:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 201, 202, 203, 204
Friday, August 2	7:00am - 11:00am	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center / 500 S Salisbury St. / Conference Rooms 201, 202, 203, 204

### PREPARING FOR YOUR BIOMETRIC SCREENING:

- Fast for 9 to 12 hours ahead of your screening.
- DO NOT eat or drink anything except water.
- DO take all medications as directed by your physician(s) as you normally would.
- DO drink plenty of water before your screening to stay hydrated.
- If you have a medical condition that does not allow you to fast for 9 to 12 hours, please follow your healthcare provider's instructions.
- DO wear a loose-fitting shirt that allows you to roll up your sleeve for a blood pressure check.

Participants must schedule an appointment to attend an onsite biometric screening. If you are unable to attend your scheduled screening appointment, you must reschedule or complete the biometric screening component using the PCP Form option.

**QUESTIONS?** Contact customer support at (855) 483-2667 or [www.raleighwellnessforlife.com](http://www.raleighwellnessforlife.com).

Schedule your Onsite Biometric Screening at:

**RaleighWellnessForLife.com**

